



## HEALTH FOOD SALAD BAR

Here at DICED we're hungry to bring you fresh, clean and nutritious food, served quickly. Our mission is to offer you simple and delicious ways to easily add healthy food choices into your busy day.

Our quality fresh produce is prepared from your personal choice of ingredients – with the Create Your Own menu – or from our full menu at our deli counter.

Your selected salad is then sent to our open-theatre DICING stations to be freshly DICED and dressed by our super-star DICERS.

Fresh healthy food, created in minimum time.

With a true lack of nutritious food available to people wanting to live a healthy lifestyle on the go. The name DICED is derived from our unique way of preparing your food using our super-hero Mezzaluna knife to provide fast healthy food to you over the counter.

**10 % OFF EVERY MEAL WITH STUDENTS UNION CARD**

**\*one use per meal per day**

**SEE OUR FULL MENU AT THE STALL  
OR ON OUR FACEBOOK PAGE**

Blackburn  
MARKET

**MARKET. CHURCH STREET. BLACKBURN. BB1 5AF.**

10% OFF YOUR FIRST ORDER  
+ A FREE DRINK (WITH THIS FLYER)

\*one offer per meal, per customer only  
can't be used with other offers or deals



HEALTH FOOD SALAD BAR

# MEAL DEALS AND OFFERS

\*DELIVERY AVAILABLE SOON. ORDERS OVER £20 DELIVERED FREE\*

## MAIN SALAD BOWLS

### JERK CHICKEN



\*Jerk Chicken \*Pineapple \*Black Beans  
\*Corriander \*Thyme \*Mixed Spices \*Red Chilli  
\*Lime \*Brown Rice.

### QUINOA WITH BEETROOT PUMPKIN AND FETA



\*Quinoa \*Beetroot \*Pumpkin \*Thyme \*Orange  
\*Parsley \*Walnuts \*Feta Cheese

### HALOUMI POMEGRANATE AND ROCKET SALAD



\*Haloumi \*Walnuts \*Pomegranate Molasses  
\*Rocket Salad \*Spinach Leaves

### WALDORF SALAD

\*Chicken / Ham \*Apples \*Celery \*Walnuts  
\*Red Onion \*Lemon Juice

### LANCASHIRE HARVEST

\*Roast Chicken Breast \*Beetroot \*Spring Onion  
\*Carrot \*Apple \*Sultanas \*Mixed Lettuce

### VIETNAMESE CHICKEN



\*Chicken \*Wombok (Chinese Leaf)  
\*Mint Leaves \*Roasted Salted Peanuts  
\*Red Chillies \*Carrot \*Brown Rice

JUST  
£4.50

PROTEIN  
BOWLS  
£4.50

SMOOTHIES  
£3.95



+ SMOOTHIES - PROTEIN BOWLS  
AND CREATE YOUR OWN

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